

Namaste

I honour the place in you
In which the entire universe dwells.
I honour the Place in you
Which is of love, of truth,
Of light, and of peace.
When you are in that place in you
and I am in that place of me,
we are one.

नमस्ते

[nah-mas-tay] *sanskrit*;
- my soul recognizes your soul, i
honour the light, love, beauty, truth
and kindness within you because it is
also within me, in sharing these things
there is no distance and no difference
between us, we are the same, we are
one.

If the spiritual traditions of yoga could be encapsulated in one word, it might be *namaste*. This Sanskrit word brings about the essence of oneness, and an understanding of the true nature of reality.

At the base level, *namaste* is a salutation of respect and reverence. A traditional Nepali and Indian greeting, it literally translates to “I bow to you” (*namah* or *namas*, meaning bow, te meaning you). In India, the gesture of Anjali Mudra (palms together in prayer position at the heart), not only accompanies the word, but is synonymous with its meaning. People passing on the street, family members greeting one another, children acknowledging their elders, and strangers meeting for the first time all join their palms together and bow their heads in respect of one another.

Namaste represents the idea that we are all one. It affirms that beneath the outer trappings that make you appear different from others, you are made of the same stuff. You are more the same than you are different.

Tantrik philosophy teaches that everything that exists is one Divine consciousness that longs to experience itself in different forms. As a human being, it is in your nature to forget this truth—that

every person, thought, feeling, and experience is a perfect expression of the one Divine awareness. When a being does forget (by feeling separate, less than, better than, or identifying with any external, impermanent aspect of being more so than its true nature), it suffers. The teachings say that your spiritual practice is the art and act of simply remembering who you are.

There are so many ways of interpreting it and I suggest you stick to one that resonates with you the most. Either of those above, or any from below, or even make your own but keeping the essence of it. Find a meaning that speaks to your heart; plant that meaning as a seed into your centre, so that every time you join your palms together, you nourish the seed and savour its nectar.

- I honour the place in you where the entire universe dwells.
- I bow to the place in you that is love, light, and joy.
- When you and I bow to our true nature, we are one.
- My soul recognises your soul.
- We are the same, we are one.
- I honour the place in you that is the same as it is in me.

